



*Happy  
Holidays*



## CONTACT PERC!

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# Life's Little PERC

December 2012

## Mental Health: Anxiety

Everyone gets nervous at times. For example, the first week at a new job might make you feel anxious. However, anxiety disorder is much more than a case of nerves. Symptoms might be overwhelming at times. There are several types of treatments that can help relieve symptoms. The first step is to talk to your health care provider. An anxiety disorder may cause fear or panic that happens repeatedly. These constant fears and triggers may lead to avoiding certain places, people or situations. In some extreme cases, an anxiety disorder may cause you to not leave the home. Anxiety disorders may cause other symptoms such as: 1) Obsessive thoughts you cannot control 2) Constant nightmares or painful thoughts of the past and 3) Nausea, sweating and muscle tension. There are several causes of anxiety disorders. Anxiety tends to run in families. For some people, childhood abuse, neglect or trauma may have lead to anxiety. This can cause low self esteem and poor coping skills. If you are experiencing anxiety, you may feel like there is nothing that can help. Or, you may fear what others think. Most anxiety symptoms can be eased. Experiencing an anxiety disorder is nothing to be ashamed of. Most people benefit from a treatment that combines therapy with medication. Though these are not cures, they can help you live a healthier life. Common anxiety disorders include some of the following: 1) Panic disorder: This causes an intense fear of being in danger 2) Phobias: Extreme fears of certain people, places and events 3) Obsessive compulsive disorder: Causes you to have unwanted thoughts. You also may perform certain actions over and over 4) Posttraumatic stress disorder: Occurs in people who have experienced a terrible event or ordeal. It may cause flashbacks or nightmares 5) Generalized anxiety disorder: Causes constant worry that may disrupt your life.

## What is a PERC?

- There are three Patient Education Resource Centers or "PERCs" in the Greater Los Angeles VA Health Care system.
- PERC staff members are trained experts in the field of health education and health promotion.
- The PERC offers health educational materials such as pamphlets, books, videos, internet tools, classes and monthly health events.



# WHAT'S HAPPENING AT EACH PERC SITE?

## WEST LA

### TOPIC OF THE MONTH: STRESS MANAGEMENT

Visit PERC Thursday  
Dec 13th to watch the  
12-minute film,  
"Understanding your Stress."  
Film times will be: 9:15am,  
10:00am, 1:15pm, and 2:15pm.  
Can't make it Dec 13th?  
Drop by PERC and ask to  
watch the short film



**INTRODUCTION TO MOVE!**  
Wednesdays and Fridays  
9:00am - 10:00am  
Held in PERC



**HEALTHY COOKING DEMONSTRATION**  
Thursday December 27th  
10:30am - 11:30am  
Bldg 500, Room 3400  
Just walk in!

**HEALTHY HEART CLASS**  
Wednesday Dec 5th and 19th  
1:30pm - 2:30pm  
Held in PERC  
Call (310) 478-2711  
ext. 83117 to schedule

## DOWNTOWN LA

### MOVE WEIGHT MANAGEMENT PROGRAM (ROOM A-336)

Is losing weight important to  
you?

Join us for support in achiev-  
ing a healthy weight!

Walk-ins:

- 1st Monday at 10:30am  
OR
- 3rd Thursday at 2:00pm  
Contact PERC or dietitian  
for more info



### BREATHING, STRETCHING, RELAXATION CLASS

### An application of yoga developed for Veterans

Women Only: Wednesday  
10:30am - 11am in Rm A-251  
Co-ed: Friday 11am - 11:45am  
in Rm B-411

Ask your provider for a  
medical clearance!

### FREEDOM FROM SMOKING PROGRAM

Please note:  
NO new class for  
smoking cessation in  
December. New class begins  
on the first Tuesday of  
January 2013



## SEPULVEDA

### TOPIC OF THE MONTH

The topic for the month for  
October is **mental health**.

Stop by the PERC for info  
on mental health topics  
including:

- Depression
- Anxiety
- PTSD
- Bipolar Disorder
- Schizophrenia
- Stress Management

### HEALTHY COOKING DEMONSTRATION!



**Friday, December 7th**  
**10:00am - 11:00am**  
**Bldg 200, Conf Rm B&C**

- Step by step instructions  
on how to cook a  
healthy meal
- Skills for everyday cooking
  - Food sample!



### STOP SMOKING CLINIC

Every Friday, by appointment  
Get counseling, support and  
medication to help you quit!  
Call or stop by PERC for an  
appointment or information